

LILITH NOT A BIBLE NAME

Figures in Jewish Legends as a Destroyer of Infants—Also as Adam's First Wife.

Lilith is not a Bible name, but a Hebrew word, used to designate an imaginary being referred to in the Bible, but not by name. An authority gives Lilith as "the name of the first wife of Adam, according to rabbinical tradition," and says: "She was made of the earth as was Adam himself, and would not submit to be ruled over by her husband. Seeing no possibility of an agreement between herself and him, she fled away to the sea, where she became the mother of a race of demons and as a punishment for refusing to return to Adam, one hundred of her children were to die every day. Lilith became noted in Jewish legend as a destroyer of infants and for this reason they adopted the custom of writing the names of three protecting angels on slips of paper or parchment, and binding them upon the infant, to prevent the evil influence of Lilith. This refers to an ancient custom and we do not know that any trace of it survives. Another authority says that the Hebrew name Lilith attaches to the passage in Isaiah 34:14, which says, "The night-monster shall settle there and shall find her a place of rest." Popular superstition named this imaginary night monster Lilith, and the Jewish encyclopedias agree. The superstitions regarding her and her nefarious doings were, with other superstitions, disseminated more and more among the mass of the Jewish people. She becomes a nocturnal demon, flying about in the form of a night owl and stealing children. She is permitted to kill certain infants and if a child smiles during the night of the Sabbath or on the new moon, it is a sign that Lilith is playing with it. The Jewish encyclopedias treat as heretic of noting the idea that Lilith was Adam's first wife, but while she is a clear instance of the persistence of popular superstitions beliefs. The word undoubtedly is Hebrew, but as it does not appear in the Bible its connection with the passage in Isaiah about a demon of the night seems to be purely arbitrary.

LOOK TO WORKERS' SAFETY

Elaborate Precautions Taken to Prevent Accidents in Plants Where Gunpowder Is Made.

Workers in gunpowder plants, when not a storm comes, always to the watchmen surrounding the plant proper and using themselves for the safety of others.

Lightning is not the only danger faced in gunpowder plants, however. Metal is slender—the least surface makes explosion, and hence on the workers' calendar the bottoms must all be of iron.

The workers' clothes must be pocketless, so that they can't carry matches or knives and a workman, no matter how disciplined his tasks, must not wear buttoned-up trousers, since in button-ups it is harbored and held in a gunpowder mill as dangerous almost as fire.

In all the buildings of these plants not a nailhead or any sort of metal part is exposed. The roofs are made very slight so that in the event of an explosion they will blow off easily. The doors all open outward to make escape easy, and the plant is usually surrounded with a stream of water, into which the hands are trained to dip at the first sign of danger.

His Specialty.

A certain man of New York, known familiarly as "P. C." admits that his early school record was not deserving of academic reward. But he got one medal. He grew up in Louisville and there attended a small school presided over by a lady of the old regime, a tender and kind-hearted soul. Each year when the last day of school came around, the scholars and their parents gathered for the award of prizes, and the gentle schoolmistress could not bear to let any child go unappraised. When commencement day came P. C.'s name also was read out for a special medal. It was awarded "For cheerfulness during the recreation hour."

Studious Girl Neglects Her Hair.
I heard Max O'Rell once tell the story of a young lady who acquired three languages while doing her hair, said a prominent London man. Then she prototyped her three languages round, and found to her surprise that no one seemed particularly anxious to engage her. They really could not stand the look of her head. She discovered the cause of her failure at last, when one very irritable old gentleman she called on told her that he would prefer one language to three if a brush and comb were thrown in with the one. She had sacrificed habits of tidiness to the attractions of irregular verbs.

Serving in Tennis.

Tennis is no game for a lackadaisical person.

A girl who attempts to serve the first time she holds a racket and works all afternoon trying to get one ball in the right place is not likely to become enthusiastic over tennis.

Emphasis should be placed on the position of the feet, with the left foot in front, outside the court. For general use a sort of chop with a downward pull of the racket, started a little above the head, training for accuracy rather than for severity, is advised.—Outing.

HOW TO KEEP WELL

(Written for The Christian Science Monitor)

Under the title, "How to Keep Well," or something similar, the press of the country is publishing numerous articles giving advice about health. The writers of such articles assume that man is a material being, fully described by anatomy and physiology, and that health is a physical condition only. It naturally results that the advice given follows the familiar lines of urging prevention against changes in the weather, of emphasizing the choice of foods and clothing at different seasons of the year, and of giving more or less explicit directions in case of particular diseases. Dieting, avoided logarithm, and insulation figure largely in such articles. Drugs are not recommended as much as formerly and there is an occasional reference to remedial conditions as of some importance. But when the latter are referred to they are generally described as due to physical conditions and the cure recommended is physical exercise, change of climate, etc.

It is left for Christian Science to tell the world what man really is and what his health must be to cause question, to give advice concerning "how to keep well" which shall be as new, Christian and scientific, based upon the scriptures and demonstrated in daily experience. Christian Science heals the sick. This has been proven and is being proven today in countless well-authenticated instances. Therefore the proof is at hand that Christian Science understands the true nature of man and what constitutes real health. Christian Science healing comes from the recognition of God's perfect and all wise ways in God's Kingdom and through His appointed portion. God is reigning perfect as spirit and love, and man is free to spiritual understanding, a clear and substantial. His healing is complete that "smeth doth from him" and health follows from the healing laws of health.

Health is sought and too often it is sought without the law of God. Hence the sickly, diry, etc., to seek the presence of man and surroundings instead. Diseases are not now referred but removed and removed in accordance to divine health principles and not upon drugs. Health, however, though it could be sought in an atmosphere of cleanliness and a dieting diet, may not be derived from the body, but from the soul. Health, however, though it could be sought in an atmosphere of cleanliness and a dieting diet, may not be derived from the body, but from the soul.

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